



BASTROP YMCA GROUP EXERCISE SCHEDULE MAY 2017

Shaded Cell = Child Watch available for children 18 months-11 years

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-----------------------------------|--|---|---|---|---|--|--------|--|
| 1112 MAIN STREET | | CYCLING-ALL LEVELS 12:15-1:05 p.m. Traci | | CYCLING-ALL LEVELS 12:15-1:05 p.m. Traci | | | | |
| | CYCLING-ALL LEVELS 5:30-6:20 p.m. Rich | | | | | | | |
| KERR CENTER 1308 WALNUT STREET | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| | | | | | | MAT PILATES-BEGINNING 9:00-9:50 a.m. Grace | | |
| | LES MILLS BODYPUMP 10:00-11:00 a.m. Traci | SENIOR STRONG 10:00-11:00 a.m. Rich | LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda | SENIOR STRONG 10:00-11:00 a.m. Rich | LES MILLS BODYPUMP 10:00-11:00 a.m. Amanda | | | |
| | CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace | CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda | CARDIO DANCE 11:15 a.m.-12:05 p.m. Grace | CORE STRENGTH & FLEXIBILITY 11:15 a.m.-12:05 p.m. Amanda | CARDIO KICKBOXING 11:10 a.m.-12:00 p.m. Amanda | | | |
| | MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace | | MAT PILATES - BEGINNING 12:15-1:05 p.m. Grace | | HATHA FLOW YOGA 12:15-1:15 p.m. Noreen | | | |
| | LES MILLS BODYPUMP 5:30-6:30 p.m. Rich | CARDIO KICKBOXING 5:30-6:20 p.m. Amanda | LES MILLS BODYPUMP 5:30-6:30 p.m. Rich | | | | | |
| BASTROP STATE PARK POOL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| | | AQUA INTERVAL - INTERMEDIATE/ADV (Begins May 30) 8:30-9:20 a.m. Karen | AQUA INTERVAL - BEGINNER (begins May 31) 8:30-9:20 a.m. Karen | | | AQUA CARDIO MIX (Begins May 27) 9:00-9:50 a.m. Dianne | | |
| | | AQUA INTERVAL - ALL LEVELS 6:15-7:05 p.m. Grace | | AQUA INTERVAL - ALL LEVELS 6:15-7:05 p.m. Grace | | | | |

- Youth ages 16 & up welcome. Youth ages 12-15 may attend classes with a parent.
- Member Price: Free; Non-Member Price: \$5/class (first class free)
- Please arrive 5-10 minutes early to setup

CLASS DESCRIPTIONS

Aqua Cardio Mix: Blast serious calories and discover endurance and increased range of motion.

Aqua Interval - Beginner: Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout at a beginner level.

Aqua Interval - Intermediate/Adv: Pump up the intensity without the strain on the joints and take it to the next level. This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout!

LES MILLS BODY PUMP Using light to moderate weights with lots of repetition, BODY PUMP™ gives you a total body workout. It will burn up to 590 calories.

Cardio Dance: This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, improve memory and coordination skills, and makes you feel great in a safe and friendly environment.

Cardio Kickboxing: Punch and kick your way to cardio fitness! This energetic workout incorporates boxing, karate, Taekwondo, and more. Basic enough for the beginner, yet challenging enough for the experienced participant.

Core Strength & Flexibility: The first half of this class is focused on functional core-strengthening exercises, while the second half focuses on flexibility work. Both an important piece of any fitness program!

Cycling - All Levels: Each ride is unique but will include simulated hills, mountains, flat road, and racing. This cardio workout is appropriate for all fitness levels and includes a variety of music.

Hatha Flow Yoga: This foundational class blends Hatha with isolated elements of Vinyasa flow pacing, such as Sun Salutations, in order to create greater awareness of breath and body. Students will both hold static postures and flow breath to movement to create a well-rounded and relaxing experience. All postures are initially introduced slowly and with attention to alignment to ensure safety during flow and ways to modify.

Mat Pilates – Beginning: Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body, and improve your posture. In this class, your body creates the challenge to improve core stability.

Senior Strong: Senior Strong is designed for seniors, but is appropriate all people starting and exercise program, or returning to exercise. This class will help increase strength, and increase range of motion.